

## CLAIMS:

1. A method for communicating wirelessly between a first device and a second device, characterized in that the method comprises

a first step of providing a wireless communication key, comprising a first transceiver conceived for communicating wirelessly with a second transceiver included in the second device,

a second step of operatively attaching the wireless communication key to the first device,

a third step of the first device utilizing the attached wireless communication key for establishing wireless communication between the first device and the second device.

2. A method according to claim 1, characterized in that the wireless communication key contains a unique identification and the third step comprises a sub-step of communicating this identification to the first device and the second device for purposes of identification and/or authorization.

3. A method for communicating wirelessly between a first device and a second device, characterized in that the method comprises

a first step of providing a first wireless communication key and a second wireless communication key, each one of said keys comprising a transceiver conceived for communicating wirelessly with the transceiver included in the other key,

a second step of operatively attaching the first wireless communication key to the first device and the second wireless communication key to the second device,

a third step of the first device and the second device utilizing said respective attached wireless communication keys for establishing wireless communication between the first device and the second device.

4. A system arranged for communicating wirelessly between a first device and a second device, characterized in that the system comprises

a wireless communication key, comprising a first transceiver conceived for communicating wirelessly with a second transceiver included in the second device,

first means for operatively attaching the wireless communication key to the first device,

5 second means for the first device utilizing the attached wireless communication key for establishing wireless communication between the first device and the second device.

5. A personal health coach comprising a system according to claim 4.

10 6. A system arranged for communicating wirelessly between a first device and a second device, characterized in that the system comprises

a first wireless communication key and a second wireless communication key, each one of said keys comprising a transceiver conceived for communicating wirelessly with the transceiver included in the other key,

15 first means for operatively attaching the first wireless communication key to the first device,

second means for operatively attaching the second wireless communication key to the second device,

20 third means for the first device and the second device utilizing said respective attached wireless communication keys for establishing wireless communication between the first device and the second device.

7. A remote video camera system comprising a system according to claim 6.